COVID 19
CORONAVIRUS DISEASE

CLEAN HANDS, GOOD HEALTH

Handwashing helps stop the spread of germs that cause illnesses and diseases.

WET your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

LATHER your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

SCRUB your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

RINSE hands well under clean, running water.

DRY hands using a clean towel or air dry them.

CLOSE faucet with paper towel.

STEP 1
Use Water

STEP 2
Apply Soap

SOAP

STEP 3
Scrub for at least 20 seconds.
(sing happy B-day song twice)

STEP 4
Rinse Hands

STEP 5
Dry with Paper Towels or Air Dryer

STEP 6
Close Faucet with paper towel.